

20 MEALS PLAN

MAY 2017

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Assembly of Meals

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Meal Assembly Instructions

1. Chunky Marinara Ravioli Bake

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 25 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 20 - oz. fresh or frozen ravioli
- 26 - oz. jar chunky marinara sauce
- - Salt and pepper
- 1/2 - cup(s) Parmesan cheese
- 1 1/2 - cup(s) shredded mozzarella cheese
- Garnish: - fresh basil**
- Side: - veggies**
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat oven to 350 F. Lightly spray a 9x13-inch baking dish.
2. Place the ravioli into the base of the baking dish and pour 1 cup of hot water over the top. Then pour the chunky marinara sauce over the top and then sprinkle with salt and pepper.
3. Sprinkle the grated Parmesan cheese on top and then the shredded mozzarella cheese over the top.
4. Bake in the preheated oven for 25 minutes, or until ravioli in the middle is softened and the cheese on top is golden brown.
5. Chop the basil for the garnish.
6. Prepare the veggies and salad.
7. Serve Ravioli Bake with fresh basil garnish, veggies and salad.

Assembly Prep Directions for 2 Meals

To each 9x13-inch disposable tray, layer the following ingredients:

- 20 oz. package fresh or frozen ravioli
- 26 oz. jar chunky marinara sauce
- Salt and pepper
- 1/2 cup grated Parmesan cheese
- 1 1/2 cups shredded mozzarella cheese
- Do NOT add hot water to the freezer tray.

Cover with foil or lid, add label to top and freeze.

Freeze & Thaw Instructions: *Put tray in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before adding the HOT water to the tray and baking as directed.*

Dairy-Free Modifications: *Unfortunately, there isn't a great dairy-free option for this meal.*

Gluten-Free Modifications: *Unfortunately, there isn't a great gluten-free option for this meal.*

2. Buffalo Chicken Nachos

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 8 hours in slow cooker

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 4 - small boneless chicken breasts
- 1 - packet(s) ranch dressing mix
- 1 - cup(s) buffalo wing sauce
- 1 - bag(s) tortilla chips**
- 2 - cup(s) shredded mozzarella cheese**
- Garnish: - crumbled blue cheese**
- Garnish: - chopped celery**
- Side: - fruit**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the chicken breasts in the base of the slow cooker and sprinkle the ranch dressing mix over the top. Pour the buffalo wing sauce over the top.
2. Set on low and cook for 8 hours. Once the chicken is cooked, shred with 2 forks and combine with the sauce.
3. Preheat the oven to 400 F.
4. Assemble the nachos on baking sheet with tortilla chips, shredded buffalo chicken and shredded mozzarella cheese on top. Bake in the preheated oven for 10-15 minutes, or until cheese has melted.
5. Prepare fruit.
6. Serve Buffalo Chicken Nachos with crumbled blue cheese and chopped celery garnish, and side of fruit.

Assembly Prep Directions for 2 Meals

To each gallon-size plastic freezer baggie, add the following ingredients:

- 4 boneless chicken breasts
- 1 packet Ranch dressing mix
- 1 cup buffalo wing sauce

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the slow cooker and cooking on low for 8 hours. Shred the chicken once it is cooked, and then assemble the nachos as directed.*

Dairy-Free Modifications: *Recipe is dairy-free when served with dairy-free sides.*

Gluten-Free Modifications: *Recipe is gluten-free if you use gluten-free Ranch dressing mix.*

3. Chicken Tetrazzini

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 20 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 1 - 12 oz. box(es) spaghetti pasta
- 3 - cup(s) shredded rotisserie chicken
- 1 - Tbsp olive oil
- 1 - 8 oz. box(es) sliced mushrooms
- 2 - 10 oz can(s) cream of mushroom
- 1/4 - cup(s) white cooking wine
- 1 - cup(s) sour cream
- - Salt and pepper
- Garnish: - Parmesan cheese**
- Side: - salad
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Cook the spaghetti as directed, drain and add to large mixing bowl.
2. Preheat oven to 350 F. Lightly grease a 9x13-inch baking dish.
3. In a large skillet, add the olive oil and saute the mushrooms for 3 to 5 minutes, or until they soften. Add mushrooms to the large bowl with the pasta and toss with the cans of cream of mushroom soup, white wine and sour cream. Mix until combined and then add to the baking dish.
4. Bake in the preheated oven for 30 minutes.
5. Prepare the salad.
6. Serve Chicken Tetrazzini with Parmesan cheese garnish and side salad.

Assembly Prep Directions for 2 Meals

Cook the 2 boxes of spaghetti as directed, drain and add to large mixing bowl.

In a large skillet, saute 2 boxes of sliced mushrooms in 2 Tbsp olive oil.

In the large bowl, combine the cooked spaghetti, sauteed mushrooms, 6 cups of shredded chicken, the cream of mushroom soups, 1/2 cup white cooking wine and 2 cups sour cream. Mix well.

Open 4 cans of cream of mushroom soup.

To each disposable tray, add the following ingredients:

- Half of the chicken and spaghetti mixture into each tray

Cover with foil or lid, add label and freeze.

Freeze & Thaw Instructions: *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes. Bake at 350 F for 30 minutes, or until bubbly. Garnish with Parmesan cheese.*

Dairy-Free Modifications: *Unfortunately, there is not a great dairy-free option for this meal.*

Gluten-Free Modifications: *Unfortunately, there is not a great gluten-free option for this meal.*

4. Cowboy Chicken Chili

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 20 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 2 - large boneless chicken breasts
- 1 - small white onion(s)
- 1 - tsp minced garlic
- 1 - 15 oz. cans red kidney beans
- 1 - 15 oz. can(s) black beans
- 1 - 15 oz. can(s) tomato sauce
- 1 - cup(s) red salsa
- 1 - cup(s) chicken stock
- 1 - Tbsp chili powder
- 1 - tsp ground cumin
- - Salt and pepper
- Garnish: - shredded cheddar cheese**
- Side: - veggies**
- Side: - dinner rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cut the chicken breasts into bite size pieces.
2. Chop the small white onion.
3. Open the can of tomato sauce. Open, drain and rinse the cans of red kidney beans and black beans.
4. In a large saucepan, add all the ingredients and bring to boiling over medium high heat. Let cook over medium low heat for 15 to 20 minutes, stirring often. Season with salt and pepper to taste.
5. Prepare veggies.
6. Warm the dinner rolls.
7. Serve Cowboy Chicken Chili with shredded cheese garnish, and side of veggies and dinner rolls.

Assembly Prep Directions for 2 Meals

Chop 2 small white onions.

Open, drain and rinse 2 cans of red kidney beans and 2 cans of black beans. Open 2 cans of tomato sauce.

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the chicken pieces
- Half of the chopped onion
- 1 tsp minced garlic
- 1 - 15 oz. can red kidney beans
- 1 - 15 oz. can black beans
- 1 - 15 oz. can tomato sauce
- 1 cup red salsa
- 1 cup chicken stock
- 1 Tbsp chili powder
- 1 tsp ground cumin

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring all of the contents of the baggie into large saucepan or Dutch oven. Cook over medium low heat for 15 to 20 minutes.

Dairy-Free Modifications: Recipe is dairy-free when the shredded cheese garnish is omitted.

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free sides like rice or quinoa.

5. Zucchini Meatballs

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 30 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 1 1/2 - lb(s) ground beef
- 1 - small zucchini
- 1 - egg(s)
- 1/2 - cup(s) breadcrumbs
- 1 - tsp minced garlic
- 1 - tsp Italian seasoning
- - Salt and pepper
- 1 - 26 oz. jar(s) spaghetti sauce
- Side: - pasta**
- Side: - salad**
- 1 - 9x13 disposable foil tray(s)

Cooking Directions for Single Meal

1. Preheat oven to 375 F.
2. Shred or grate the zucchini with a cheese grater.
3. In a large mixing bowl, combine the ground beef, shredded zucchini, egg, breadcrumbs, minced garlic, Italian seasoning with a pinch of salt and pepper. Using an ice cream scoop, form meatballs and place them in a single layer into a baking dish. Pour the spaghetti sauce over the top. Bake in the preheated oven for 25 to 30 minutes, or until cooked through. Cooking time may vary depending on size of meatballs.
4. Cook the pasta, as directed.
5. Prepare the salad.
6. Serve Zucchini Meatballs over pasta with salad.

Assembly Prep Directions for 2 Meals

Shred 2 zucchini with cheese grater.

In a large mixing bowl, combine 2 lbs. ground beef, shredded zucchini, 2 eggs, 1 cup breadcrumbs, 2 tsp minced garlic, 2 tsp Italian seasoning with salt and pepper. Using an ice cream scoop, form meatballs and place them in a single layer into the disposable baking dish.

To each disposable tray, add the following ingredients:

- Half of the premade zucchini meatballs
- 1 - 26 oz. jar spaghetti sauce over the meatballs

Cover with foil or lid, add label and freeze.

Freeze & Thaw Instructions: *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a tray/pan of warm water for about 20 minutes, before transferring to the oven and baking as directed.*

Dairy-Free Modifications: *Recipe is dairy-free when served with dairy-free sides.*

Gluten-Free Modifications: *Recipe is gluten-free when made with gluten-free breadcrumbs and gluten-free pasta.*

6. Szechuan Beef Stir-fry

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 15 minutes*

Recipe written below to make 1 meal of 4 servings. Shopping List contains ingredients to make 2 meals of 4 servings each.

*** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.*

Ingredients for Single Meal

- 1 1/2 - lb(s) beef for stirfry
- 1/4 - cup(s) chicken broth
- 2 - Tbsp soy sauce
- 2 - Tbsp sesame oil
- 2 - tsp minced garlic
- 1 - small white onion(s)
- 2 - cup(s) frozen broccoli florets
- 1 - Tbsp cornstarch
- Garnish: - chopped peanuts**
- Side: - rice**
- Side: - frozen egg rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. If needed, thinly slice the sirloin steak, slicing across the grain of the meat. Place into shallow dish for marinating.
2. In a small mixing bowl, whisk together the chicken broth, soy sauce, sesame oil, and minced garlic. Pour the marinade over the sliced beef and let marinate in the fridge for at least 30 minutes.*
3. Cut the onion into large chunks.
4. Cook rice and egg rolls, as directed.
5. To a large skillet or wok, add the beef slices and marinade and saute over high heat for 5 minutes. Add the onion chunks and broccoli florets and saute for a few more minutes. If needed, mix the cornstarch with equal amount of water and whisk into the sauce to thicken it. Reduce heat to low and simmer for 5 minutes, while sauce thickens. Garnish with chopped peanuts.
6. Serve Szechuan Beef Stir-fry over rice with egg rolls.

Assembly Prep Directions for 2 Meals

Thinly slice the 2 sirloin steaks, slicing across the grain of the meat (if needed.)

Cut 2 onions into large chunks.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 1 1/2 lb. beef for stirfry
- 1/4 cup chicken broth
- 2 Tbsp soy sauce
- 2 Tbsp sesame oil
- 2 tsp minced garlic
- Half of the chopped onion
- 2 cups frozen broccoli florets

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to skillet or wok for cooking. Stir in cornstarch and water, as directed in the recipe.*

Special Notes: *Look for the pre-cut strips of beef in your grocery store. If you don't find any, purchase a sirloin steak and slice it across the grain to create beef stir-fry strips.*

Dairy-Free Modifications: *Recipe is dairy-free when served with dairy-free sides.*

Gluten-Free Modifications: *Recipe is gluten-free when you use gluten-free soy sauce. If needed, use alternative side dish for the frozen eggrolls.*

7. Grilled Flank Steak Salad

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 10 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 1 1/2 - lb(s) flank steak
- 3 - Tbsp canola oil
- 3 - Tbsp lime juice
- 2 - tsp honey
- 1 - tsp minced garlic
- 1 - tsp chili powder
- 1/2 - tsp ground cumin
- 1/2 - tsp salt
- 1 - bag(s) Romaine lettuce**
- 1 - cup(s) vinaigrette dressing**
- 1 x Garnish: - cherry tomatoes**
- Garnish: - avocado slices**
- Side: - dinner rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a large mixing bowl, whisk together the canola oil, lime juice, honey, minced garlic, chili powder, ground cumin and salt.
2. Place the flank steak in baking dish and pour the marinade over the top. Cover with plastic wrap and marinate in the fridge overnight, ideally.
3. Grill the flank steak over direct heat, until cooked to your preference. Slice across the grain, before adding to salad.
4. Assemble salad with lettuce, sliced steak, cherry tomatoes and avocados with favorite vinaigrette.
5. Warm the dinner rolls.
6. Serve Grilled Flank Steak Salad with dinner rolls.

Assembly Prep Directions for 2 Meals

In a large mixing bowl, whisk together 6 Tbsp canola oil, 6 Tbsp lime juice, 4 tsp honey, 2 tsp minced garlic, 2 tsp chili powder, 1 tsp ground cumin and 1 tsp salt.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 1 1/2 lb. flank steak
- Half of the prepared marinade

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the grill (or skillet) and grilling as directed.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides.

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free sides.

8. Slow Cooker North Carolina Pulled Pork

Yield: 4 servings

Active Time: 5 minutes . Cook Time: 8 hours in slow cooker

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 2 - lb(s) pork roast
- - Salt and pepper
- 2 - cup(s) BBQ sauce
- 1 - tsp vinegar
- 1 - tsp garlic powder
- 1 - tsp onion powder
- 1 - bag(s) Coleslaw mix**
- 4 - hamburger buns**
- Side: - fruit**
- Side: - chips**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the pork roast into the base of the slow cooker and season with salt and pepper. Pour the BBQ sauce and vinegar on and around the pork and season with the garlic powder and onion powder.
2. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the pork with 2 forks and mix into the BBQ sauce. Strain before adding the pork to the sandwiches.
3. Prepare the Coleslaw mix as directed.
4. Assemble sandwiches by adding the shredded pork and Coleslaw to the hamburger buns.
5. Prepare fruit.
6. Serve Slow Cooker North Carolina Pulled Pork Sandwiches with fruit and chips.

Assembly Prep Directions for 2 Meals

To each gallon-size plastic freezer baggie, add the following ingredients:

- 2 lb. pork roast
- Salt and pepper
- 2 cups BBQ sauce
- 1 tsp vinegar
- 1 tsp garlic powder
- 1 tsp onion powder

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the slow cooker and cooking on low for 8 hours. Assemble North Carolina Pulled Pork Sandwiches as directed.*

Dairy-Free Modifications: *Recipe is dairy-free when served with dairy-free sides.*

Gluten-Free Modifications: *Use gluten-free buns or sandwich bread for gluten-free meal.*

9. Slow Cooker Garlic-Orange Pork Tenderloin

Yield: 4 servings

Active Time: 5 minutes . Cook Time: 8 hours in slow cooker

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 2 - lb(s) pork tenderloin
- - Salt and pepper
- 1 - cup(s) orange juice
- 2 - tsp minced garlic
- 1 - tsp ground ginger
- 1 - tsp dried thyme
- Side: - mashed potatoes**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the pork tenderloin into the base of the slow cooker and season with salt and pepper. Pour the orange juice on and around the pork and then add the minced garlic, ground ginger and dried thyme over the top.
2. Set the slow cooker on low and cook for 8 hours. Remove from slow cooker and let rest for 5 to 10 minutes before slicing.
3. Prepare the mashed potatoes.
4. Prepare veggies.
5. Serve Slow Cooker Garlic-Orange Pork Tenderloin with mashed potatoes and veggies.

Assembly Prep Directions for 2 Meals

To each gallon-size plastic freezer baggie, add the following ingredients:

- 2 lb. pork tenderloin
- Salt and pepper
- 1 cup orange juice
- 2 tsp minced garlic
- 1 tsp ground ginger
- 1 tsp dried thyme

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the slow cooker and cooking on low for 8 hours.*

Special Notes: *Serve with mashed sweet potatoes for Paleo/Whole30 meal.*

Dairy-Free Modifications: *Recipe is dairy-free when served with dairy-free sides.*

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free sides.*

10. Tortellini Minestrone Soup

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 20 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 20 - oz. fresh or frozen tortellini
- 1 - small white onion(s)
- 2 - tsp minced garlic
- 1 - 15 oz. cans red kidney beans
- 1 - 15 oz. can(s) diced tomatoes
- 2 - cup(s) frozen green beans
- 4 - cup(s) vegetable broth
- - Salt and pepper
- Garnish: - shredded Parmesan cheese**
- Side: - salad**
- Side: - dinner rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Chop the white onion.
2. Open the can of diced tomatoes. Open, drain and rinse the can of red kidney beans.
3. In a large saucepan, add all the ingredients and bring to boiling over medium high heat. Let cook at rolling boil for about 10 minutes, stirring often, or until tortellini have swelled and cooked through. Season with salt and pepper to taste.
4. Prepare the salad.
5. Warm the dinner rolls.
6. Serve Tortellini Minestrone Soup with Parmesan garnish, side salad and dinner rolls.

Assembly Prep Directions for 2 Meals

Chop 2 small white onions.

Open, drain and rinse 2 cans of red kidney beans. Open 2 cans of diced tomatoes.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 20 oz. fresh or frozen tortellini
- Half of the chopped white onions
- 2 tsp minced garlic
- 1 - 15 oz. can red kidney beans
- 1 - 15 oz. can diced tomatoes
- 2 cups frozen green beans
- 4 cups vegetable broth
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring all of the contents of the baggie into large saucepan or Dutch oven. Bring to bubbling and cook for 15 minutes or until tortellini are cooked.*

Dairy-Free Modifications: *Unfortunately, there is not a great dairy-free option for this meal.*

Gluten-Free Modifications: *Unfortunately, there is not a great gluten-free option for this meal.*

Complete Shopping List by Recipe

1. Chunky Marinara Ravioli Bake

- 40 - oz. fresh or frozen ravioli
- 2x26 - oz. jar chunky marinara sauce
- Salt and pepper
- 1/2 - cup(s) Parmesan cheese
- 3 - cup(s) shredded mozzarella cheese
- fresh basil
- veggies
- salad
- 2 - 9x13 disposable foil tray(s)

3. Chicken Tetrazzini

- 2x1 - 12 oz. box(es) spaghetti pasta
- 6 - cup(s) shredded rotisserie chicken
- 2 - Tbsp olive oil
- 2x1 - 8 oz. box(es) sliced mushrooms
- 2x2 - 10 oz can(s) cream of mushroom
- 1/2 - cup(s) white cooking wine
- 2 - cup(s) sour cream
- Salt and pepper
- Parmesan cheese
- salad
- 2 - 9x13 disposable foil tray(s)

5. Zucchini Meatballs

- 3 - lb(s) ground beef
- 2 - small zucchini
- 2 - egg(s)
- 1 - cup(s) breadcrumbs
- 2 - tsp minced garlic
- 2 - tsp Italian seasoning
- Salt and pepper
- 2x1 - 26 oz. jar(s) spaghetti sauce
- pasta
- salad

2. Buffalo Chicken Nachos

- 8 - small boneless chicken breasts
- 2 - packet(s) ranch dressing mix
- 2 - cup(s) buffalo wing sauce
- 2 - bag(s) tortilla chips
- 4 - cup(s) shredded mozzarella cheese
- crumbled blue cheese
- chopped celery
- fruit
- 2 - gallon-size freezer baggie(s)

4. Cowboy Chicken Chili

- 4 - large boneless chicken breasts
- 2 - small white onion(s)
- 2 - tsp minced garlic
- 2 - 15 oz. cans red kidney beans
- 2 - 15 oz. can(s) black beans
- 2x1 - 15 oz. can(s) tomato sauce
- 2 - cup(s) red salsa
- 2 - cup(s) chicken stock
- 2 - Tbsp chili powder
- 2 - tsp ground cumin
- Salt and pepper
- shredded cheddar cheese
- veggies
- dinner rolls
- 2 - gallon-size freezer baggie(s)

6. Szechuan Beef Stir-fry

- 3 - lb(s) beef for stirfry
- 1/2 - cup(s) chicken broth
- 4 - Tbsp soy sauce
- 4 - Tbsp sesame oil
- 4 - tsp minced garlic
- 2 - small white onion(s)
- 4 - cup(s) frozen broccoli florets
- 2 - Tbsp cornstarch
- chopped peanuts
- rice

- 2 - 9x13 disposable foil tray(s)

7. Grilled Flank Steak Salad

- 3 - lb(s) flank steak
- 6 - Tbsp canola oil
- 6 - Tbsp lime juice
- 4 - tsp honey
- 2 - tsp minced garlic
- 2 - tsp chili powder
- 1 - tsp ground cumin
- 1 - tsp salt
- 2 - bag(s) Romaine lettuce
- 2 - cup(s) vinaigrette dressing
- 2xGarnish: - cherry tomatoes
- avocado slices
- dinner rolls
- 2 - gallon-size freezer baggie(s)

9. Slow Cooker Garlic-Orange Pork Tenderloin

- 4 - lb(s) pork tenderloin
- Salt and pepper
- 2 - cup(s) orange juice
- 4 - tsp minced garlic
- 2 - tsp ground ginger
- 2 - tsp dried thyme
- mashed potatoes
- veggies
- 2 - gallon-size freezer baggie(s)

- frozen egg rolls
- 2 - gallon-size freezer baggie(s)

8. Slow Cooker North Carolina Pulled Pork

- 4 - lb(s) pork roast
- Salt and pepper
- 4 - cup(s) BBQ sauce
- 2 - tsp vinegar
- 2 - tsp garlic powder
- 2 - tsp onion powder
- 2 - bag(s) Coleslaw mix
- 8 - hamburger buns
- fruit
- chips
- 2 - gallon-size freezer baggie(s)

10. Tortellini Minestrone Soup

- 40 - oz. fresh or frozen tortellini
- 2 - small white onion(s)
- 4 - tsp minced garlic
- 2 - 15 oz. cans red kidney beans
- 2 - 15 oz. can(s) diced tomatoes
- 4 - cup(s) frozen green beans
- 8 - cup(s) vegetable broth
- Salt and pepper
- shredded Parmesan cheese
- salad
- dinner rolls
- 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- 8 small boneless chicken breasts
- 6 cup(s) shredded rotisserie chicken
- 4 large boneless chicken breasts
- 3 lb(s) ground beef
- 3 lb(s) beef for stirfry
- 3 lb(s) flank steak
- 4 lb(s) pork roast
- 4 lb(s) pork tenderloin

Pantry Staples - Canned, Boxed

- 2x26 oz. jar chunky marinara sauce
- 2x1 12 oz. box(es) spaghetti pasta
- 2x2 10 oz can(s) cream of mushroom
- 4 15 oz. cans red kidney beans
- 2 15 oz. can(s) black beans
- 2x1 15 oz. can(s) tomato sauce
- 2 cup(s) red salsa
- 2 cup(s) chicken stock
- 1 cup(s) breadcrumbs
- 1 cup(s) chicken broth
- Side:** chopped peanuts
- Side:** rice
- 2 15 oz. can(s) diced tomatoes
- 8 cup(s) vegetable broth

Sauces/Condiments

- 2 cup(s) buffalo wing sauce
- 2 Tbsp olive oil
- 1 cup(s) white cooking wine
- 2x1 26 oz. jar(s) spaghetti sauce
- 4 Tbsp soy sauce
- 4 Tbsp sesame oil
- 6 Tbsp canola oil

Produce

- Side:** fresh basil
- Side:** veggies
- Side:** salad
- Garnish:** chopped celery
- Side:** fruit
- 2x1 8 oz. box(es) sliced mushrooms
- 6 small white onion(s)
- 2 small zucchini
- 6 Tbsp lime juice
- 2 bag(s) Romaine lettuce
- 2xGarnish: cherry tomatoes
- Garnish:** avocado slices
- Side:** mashed potatoes

Starchy Sides

- Side:** dinner rolls
- Side:** pasta
- 8 hamburger buns
- Side:** chips

Spices

- Salt and pepper
- 2 packet(s) ranch dressing mix
- 18 tsp minced garlic
- 2 Tbsp chili powder
- 3 tsp ground cumin
- 2 tsp Italian seasoning
- 2 Tbsp cornstarch

- 4 tsp honey
- 2 cup(s) vinaigrette dressing
- 4 cup(s) BBQ sauce
- 2 tsp vinegar

Dairy/Frozen

- 40 oz. fresh or frozen ravioli
- Side:** 1 cup(s) Parmesan cheese
- 7 cup(s) shredded mozzarella cheese
- Garnish:** crumbled blue cheese
- 2 cup(s) sour cream
- Side:** Parmesan cheese
- Garnish:** shredded cheddar cheese
- 2 egg(s)
- 4 cup(s) frozen broccoli florets
- Side:** frozen egg rolls
- 2 cup(s) orange juice
- 40 oz. fresh or frozen tortellini
- 4 cup(s) frozen green beans
- Garnish:** shredded Parmesan cheese

- 2 tsp chili powder
- 1 tsp salt
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 bag(s) Coleslaw mix
- 2 tsp ground ginger
- 2 tsp dried thyme

Supplies

- Side:** 6 9x13 disposable foil tray(s)
- 2 bag(s) tortilla chips
- Side:** 14 gallon-size freezer baggie(s)

Freezer Meal Prep Day Shopping List by Recipe

Note: This shopping list doesn't include any side dish items like rice, dinner rolls, veggies or salad.

****In addition to a shopping list for prep day, this list could be used to help you organize ingredients on your counter before you begin preparing the meals for the freezer.**

1. Chunky Marinara Ravioli Bake

- 40 oz. fresh or frozen ravioli
- 2x26 oz. jar chunky marinara sauce
- Salt and pepper
- 3 cup(s) shredded mozzarella cheese
- 2 9x13 disposable foil tray(s)

3. Chicken Tetrazzini

- 2x1 12 oz. box(es) spaghetti pasta
- 6 cup(s) shredded rotisserie chicken
- 2 Tbsp olive oil
- 2x1 8 oz. box(es) sliced mushrooms
- 2x2 10 oz can(s) cream of mushroom
- 1/2 cup(s) white cooking wine
- 2 cup(s) sour cream
- Salt and pepper
- 2 9x13 disposable foil tray(s)

5. Zucchini Meatballs

- 3 lb(s) ground beef
- 2 small zucchini
- 2 egg(s)
- 1 cup(s) breadcrumbs
- 2 tsp minced garlic
- 2 tsp Italian seasoning
- Salt and pepper
- 2x1 26 oz. jar(s) spaghetti sauce
- 2 9x13 disposable foil tray(s)

7. Grilled Flank Steak Salad

- 3 lb(s) flank steak
- 6 Tbsp canola oil
- 6 Tbsp lime juice

2. Buffalo Chicken Nachos

- 8 small boneless chicken breasts
- 2 packet(s) ranch dressing mix
- 2 cup(s) buffalo wing sauce
- 2 gallon-size freezer baggie(s)

4. Cowboy Chicken Chili

- 4 large boneless chicken breasts
- 2 small white onion(s)
- 2 tsp minced garlic
- 2 15 oz. cans red kidney beans
- 2 15 oz. can(s) black beans
- 2x1 15 oz. can(s) tomato sauce
- 2 cup(s) red salsa
- 2 cup(s) chicken stock
- 2 Tbsp chili powder
- 2 tsp ground cumin
- Salt and pepper
- 2 gallon-size freezer baggie(s)

6. Szechuan Beef Stir-fry

- 3 lb(s) beef for stirfry
- 1/2 cup(s) chicken broth
- 4 Tbsp soy sauce
- 4 Tbsp sesame oil
- 4 tsp minced garlic
- 2 small white onion(s)
- 4 cup(s) frozen broccoli florets
- 2 Tbsp cornstarch
- 2 gallon-size freezer baggie(s)

8. Slow Cooker North Carolina Pulled Pork

- 4 lb(s) pork roast
- Salt and pepper
- 4 cup(s) BBQ sauce

- 4 tsp honey
- 2 tsp minced garlic
- 2 tsp chili powder
- 1 tsp ground cumin
- 1 tsp salt
- 2 gallon-size freezer baggie(s)

9. Slow Cooker Garlic-Orange Pork Tenderloin

- 4 lb(s) pork tenderloin
- Salt and pepper
- 2 cup(s) orange juice
- 4 tsp minced garlic
- 2 tsp ground ginger
- 2 tsp dried thyme
- 2 gallon-size freezer baggie(s)

- 2 tsp vinegar
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 gallon-size freezer baggie(s)

10. Tortellini Minestrone Soup

- 40 oz. fresh or frozen tortellini
- 2 small white onion(s)
- 4 tsp minced garlic
- 2 15 oz. cans red kidney beans
- 2 15 oz. can(s) diced tomatoes
- 4 cup(s) frozen green beans
- 8 cup(s) vegetable broth
- Salt and pepper
- 2 gallon-size freezer baggie(s)

Freezer Meal Prep Day Shopping List by Store Section/Category

Note: This shopping list doesn't include any side dish items like fruit, dinner rolls, veggies or salad.

Meat

- 8 small boneless chicken breasts
- 6 cup(s) shredded rotisserie chicken
- 4 large boneless chicken breasts
- 3 lb(s) ground beef
- 3 lb(s) beef for stirfry
- 3 lb(s) flank steak
- 4 lb(s) pork roast
- 4 lb(s) pork tenderloin

Pantry Staples - Canned, Boxed

- 2x26 oz. jar chunky marinara sauce
- 2x1 12 oz. box(es) spaghetti pasta
- 2x2 10 oz can(s) cream of mushroom
- 4 15 oz. cans red kidney beans
- 2 15 oz. can(s) black beans
- 2x1 15 oz. can(s) tomato sauce
- 2 cup(s) red salsa
- 2 cup(s) chicken stock
- 1 cup(s) breadcrumbs
- 1 cup(s) chicken broth
- 2 15 oz. can(s) diced tomatoes
- 8 cup(s) vegetable broth

Spices

- Salt and pepper
- 2 packet(s) ranch dressing mix
- 18 tsp minced garlic
- 2 Tbsp chili powder
- 3 tsp ground cumin
- 2 tsp Italian seasoning
- 2 Tbsp cornstarch
- 2 tsp chili powder
- 1 tsp salt
- 2 tsp garlic powder
- 2 tsp onion powder

Produce

- 2x1 8 oz. box(es) sliced mushrooms
- salad
- 6 small white onion(s)
- 2 small zucchini
- 6 Tbsp lime juice

Sauces/Condiments

- 2 cup(s) buffalo wing sauce
- 2 Tbsp olive oil
- 1 cup(s) white cooking wine
- 2x1 26 oz. jar(s) spaghetti sauce
- 4 Tbsp soy sauce
- 4 Tbsp sesame oil
- 6 Tbsp canola oil
- 4 tsp honey
- 4 cup(s) BBQ sauce
- 2 tsp vinegar

Dairy/Frozen

- 40 oz. fresh or frozen ravioli
- 1x cup(s) Parmesan cheese
- 3 cup(s) shredded mozzarella cheese
- 2 cup(s) sour cream
- 2 egg(s)
- 4 cup(s) frozen broccoli florets
- 2 cup(s) orange juice
- 40 oz. fresh or frozen tortellini
- 4 cup(s) frozen green beans

- 2 tsp ground ginger
- 2 tsp dried thyme

Supplies

- 6x 9x13 disposable foil tray(s)
- 14x gallon-size freezer baggie(s)

Meal Assembly Instructions

- Label your bags/foil with printable labels or sharpie.
- Pull out all the ingredients into a central location or into stations.

Pre-Cook & Chop Instructions

- Chop 2 small white onions.
- Chop 2 small white onions.
- Cook the 2 boxes of spaghetti as directed, drain and add to large mixing bowl.
- Cut 2 onions into large chunks.
- In a large mixing bowl, combine 2 lbs. ground beef, shredded zucchini, 2 eggs, 1 cup breadcrumbs, 2 tsp minced garlic, 2 tsp Italian seasoning with salt and pepper. Using an ice cream scoop, form meatballs and place them in a single layer into the disposable baking dish.
- In a large mixing bowl, whisk together 6 Tbsp canola oil, 6 Tbsp lime juice, 4 tsp honey, 2 tsp minced garlic, 2 tsp chili powder, 1 tsp ground cumin and 1 tsp salt.
- In a large skillet, saute 2 boxes of sliced mushrooms in 2 Tbsp olive oil.
- In the large bowl, combine the cooked spaghetti, sauteed mushrooms, 6 cups of shredded chicken, the cream of mushroom soups, 1/2 cup white cooking wine and 2 cups sour cream. Mix well.
- Open 4 cans of cream of mushroom soup.
- Open, drain and rinse 2 cans of red kidney beans and 2 cans of black beans. Open 2 cans of tomato sauce.
- Open, drain and rinse 2 cans of red kidney beans. Open 2 cans of diced tomatoes.
- Shred 2 zucchini with cheese grater.
- Thinly slice the 2 sirloin steaks, slicing across the grain of the meat (if needed.)

The Assembly Prep should take between 30 to 35 minutes.

Assembly by Recipe (Set Out on the Counter)

If you prefer to load your freezer baggies and trays one recipe at a time, you can follow the below instructions.

Chunky Marinara Ravioli Bake

To each 9x13-inch disposable tray, layer the following ingredients:

- 20 oz. package fresh or frozen ravioli
- 26 oz. jar chunky marinara sauce
- Salt and pepper
- 1/2 cup grated Parmesan cheese
- 1 1/2 cups shredded mozzarella cheese
- Do NOT add hot water to the freezer tray.

Cover with foil or lid, add label to top and freeze.

Chicken Tetrazzini

To each disposable tray, add the following ingredients:

- Half of the chicken and spaghetti mixture into each tray

Cover with foil or lid, add label and freeze.

Zucchini Meatballs

To each disposable tray, add the following ingredients:

- Half of the premade zucchini meatballs
- 1 - 26 oz. jar spaghetti sauce over the meatballs

Cover with foil or lid, add label and freeze.

Buffalo Chicken Nachos

To each gallon-size plastic freezer baggie, add the following ingredients:

- 4 boneless chicken breasts
- 1 packet Ranch dressing mix
- 1 cup buffalo wing sauce

Remove as much air as possible and seal. Add label to baggie and freeze.

Cowboy Chicken Chili

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the chicken pieces
- Half of the chopped onion
- 1 tsp minced garlic
- 1 - 15 oz. can red kidney beans
- 1 - 15 oz. can black beans
- 1 - 15 oz. can tomato sauce
- 1 cup red salsa
- 1 cup chicken stock
- 1 Tbsp chili powder
- 1 tsp ground cumin

Remove as much air as possible and seal. Add label to baggie and freeze.

Szechuan Beef Stir-fry

To each gallon-size plastic freezer baggie, add the following ingredients:

- 1 1/2 lb. beef for stirfry
- 1/4 cup chicken broth
- 2 Tbsp soy sauce
- 2 Tbsp sesame oil
- 2 tsp minced garlic
- Half of the chopped onion

- 2 cups frozen broccoli florets

Remove as much air as possible and seal. Add label to baggie and freeze.

Grilled Flank Steak Salad

To each gallon-size plastic freezer baggie, add the following ingredients:

- 1 1/2 lb. flank steak
- Half of the prepared marinade

Remove as much air as possible and seal. Add label to baggie and freeze.

Slow Cooker North Carolina Pulled Pork

To each gallon-size plastic freezer baggie, add the following ingredients:

- 2 lb. pork roast
- Salt and pepper
- 2 cups BBQ sauce
- 1 tsp vinegar
- 1 tsp garlic powder
- 1 tsp onion powder

Remove as much air as possible and seal. Add label to baggie and freeze.

Slow Cooker Garlic-Orange Pork

Tenderloin

To each gallon-size plastic freezer baggie, add the following ingredients:

- 2 lb. pork tenderloin
- Salt and pepper
- 1 cup orange juice
- 2 tsp minced garlic
- 1 tsp ground ginger
- 1 tsp dried thyme

Remove as much air as possible and seal. Add label to baggie and freeze.

Tortellini Minestrone Soup

To each gallon-size plastic freezer baggie, add the following ingredients:

- 20 oz. fresh or frozen tortellini
- Half of the chopped white onions
- 2 tsp minced garlic
- 1 - 15 oz. can red kidney beans
- 1 - 15 oz. can diced tomatoes
- 2 cups frozen green beans
- 4 cups vegetable broth
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.